Women's Health Library

Soy – The Miracle Food

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Additional Recommended Supplements for Optimal Health…

Foundation of Health:

- **Ultimate One**
- **CoQ10**
- **Omega 3 Fatty Acids**
- **Greens N' Things**
- **Chewable Calcium & D**
  or
- **Liquid Cal-Mag-Zinc**

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For years nutritionists and scientists alike have studied the vast differences between Asian and American diets in order to determine why people there have fewer instances of many diseases than people here. Many explanations have been offered, from our nation's massive consumption of red meat and fast food, to the beneficial fatty acids of fish in their diet, to even coral calcium. But much evidence seems to point to the large presence of soy in the Asian diet as a large reason for the difference.

On average, Asians consume 20-50 times more soy based food than Americans. In this country, we tend to get the bulk of our protein from animal sources. This is not the case in Asia, where the vast majority of their proteins come from vegetables. Getting protein this way makes for a diet not only much lower in fat and cholesterol, but also much higher in the beneficial nutrients provided by soy and other vegetables.

Isoflavones are one of those important nutrients available in soy that have been shown to lessen probability for many diseases. The isoflavones that occur in soy are phytoestrogens which are kind of like a weak form of plant estrogen.

Estrogen, aside from being the all important female hormone, also enables arteries to dilate when necessary. This is why some women experience angina pain when their estrogen levels drop during menopause. Estrogen also acts as a sort of LDL regulator in the arteries, making sure that the amount of cholesterol particles that go from the bloodstream to the artery wall are close to the number that come out.

The isoflavone content in soy may also be why Asian women experience far fewer menopausal symptoms than their American counterparts, and why they also have lower occurrences of breast cancer. That being said, there are other elements consistent with a high soy diet, such as reduced fat intake and physical activity that will also promote better health for women.

Soy should be a part of everyone's daily diet. In addition to being an excellent source of vitamins and minerals, soy can also help promote good cholesterol and strong cardiovascular health. If everyone in America could take just this small part of the Asian diet and incorporate it into our own, then combine it with less fat and more exercise, we may be able to lower our rates of heart disease, and keep our growing obesity epidemic in check.

How can I get enough soy?

That soy in and of itself is a "miracle food" responsible for better health overseas may be a bit of an overstatement. However, it is a highly beneficial source of protein that does not have many of the adverse effects of animal sources. If you are a vegetarian, you still need to consume 30% of your calories via protein, and soy is a great way to do it. If tofu and edamame are not for you, then try supplementing your diet with a soy powder drink.

Our Non-GMO ***Soy Spirulina Protein Powder*** offers 12 grams of protein per serving, packed with beneficial isoflavones. It is no coincidence that the U.S. Food and Drug Administration recently recommended 25 grams of soy protein daily, combined with a diet low in saturated fat and cholesterol, as a way to help reduce the risk of heart disease.

If taking that much soy at once is a bit overwhelming for you, or you just don't like the flavor, here are some other ways to use soy protein powder:

-Fortify your casseroles with soy powder or use crumbled tofu instead of cottage or ricotta cheese.
-Stir protein powder into a delicious cup of hot cocoa.
-Sprinkle powder on top of hot breakfast cereals in the morning.
-Use soy powder or soy milk to create cream sauces for which you would usually use dairy products.
-Add fruit and soy milk to powder and enjoy a soy smoothie!

Whatever your preferred method is of increasing soy intake, it is important to remember that the nutrients found in this plant are crucial to proper health and should be a part of any balanced diet.